

Changes

The Human Life Processes

(MRS. GREN)

The life processes common to all living organisms include:

- Movement – moving around from place to place.
- Respiration – release of energy.
- Sensitivity – sensing things, i.e. Taste, danger etc.
- Growth – we all do it!
- Reproduction – making babies.
- Excretion – getting rid of waste products.
- Nutrition – provide energy by eating.

Think about this question:

How do our bodies change
as we get older?

Puberty and Adolescence

What is Puberty?

- Puberty is the name for the time when your body begins to develop and change as you move from kid to adult.. During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.
- It's important to remember that everybody goes through these changes. No matter where you live, whether you're a boy or a girl, whether you like vanilla or double-fudge-chunk ice cream, you will experience them.
- Usually, puberty starts between ages 8 and 13 in girls and ages 10 and 15 in boys. This wide range in ages may help explain why some of your friends still look like young kids whereas others look more like adults.
- When your body is ready to begin puberty, your gland (a pea-shaped gland located at the bottom of your brain) releases special [hormones](#). Depending on whether you're a boy or a girl, these hormones go to work on different parts of the body.

Why do girls have periods?

A girl's first period signals that she is growing up and her body is preparing so that she might have a baby someday. A period is the 2 to 7 days that a girl or woman experiences menstrual flow — blood and tissue that leaves the body.

What's going on inside?

The blood and tissue leaves the body because it's no longer needed. It comes from the uterus, the organ inside a woman's body where a baby grows. Each month, blood and tissue build up in the uterus.



Pads or Tampons?



- Pads are made of absorbent material to soak up the blood so that you don't have an embarrassing leak.
- Pads nowadays come in all sizes and thicknesses so that there will be one which is most comfortable for you.
- Pads have a sticky strip, which will stick to your pants and stop them from sliding around.
- Some of them have 'wings' which stick to the side of your pants for extra protection.
- Remember to change pads about every 4 hours and be careful about washing your hands afterwards.

As we grow and develop, we are
faced with many changes...

Can you think of some changes we
can and cannot control?

(Activity sheet 4)

Body changes...

- Girls' bodies usually become curvier. Their hips get wider.
- With all this growing and developing going on, some girls may be uncomfortable with how their bodies are changing, but it's unhealthy for girls to [diet](#) to try to stop any normal [weight](#) gain. If you have any questions about puberty or are worried about your weight, talk to your parent or doctor.



Breasts develop...

- Breasts do more than just look nice. Girls have them so they can do an important job later in life. Someday, if the girl grows up to have a [baby](#), her breasts can provide the milk the baby needs.
- Breast milk is the very best food for babies and mom is the source. And it doesn't matter if those breasts are small, medium, or large. All sizes can produce enough milk to feed a baby.
- Once a girl has breasts, a bra is a good idea, especially when the girl is exercising and playing sports. Bras can protect breast tissue and keep the breasts supported. Some girls may also like that bras smooth out their silhouettes and make them feel more comfortable. A bra can make a girl feel less exposed when she's wearing a light shirt, such as a T-shirt.

Hair changes...

- Lots of kids go through times when they'd like to change their hair. Often, it's girls who are most concerned, but boys may be interested in how their hair looks, too. Sometimes [hair](#) will change as you get older — all by itself — when you go through [puberty](#).
- Maybe it used to be lighter and now it's darker. Or maybe it's more oily than it used to be and now you need to wash it more. It's also normal, as you're getting older, to notice your appearance more. You might suddenly decide you want a hairstyle like other kids at school have.

Pubic Hair starts to grow...

- Hair, often called pubic hair, will start to grow between your legs. At first this hair will be fine and straight. As a girl progresses through the stages of puberty, her pubic hair will grow thicker and become curlier.
- A girl will also grow hair under her arms and on her legs. As she gets older, this hair will grow darker and thicker.
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Spots!!

- Skin gets oilier and pimples sometimes start showing up when puberty begins, and you may get them throughout the teenage years. You might see pimples on your face, your upper back, or your upper chest.
- To help control pimples, wash your face twice a day with warm water and a mild soap or cleanser.
- Don't squeeze, pick, or pop your pimples. Your doctor can also offer suggestions for clearing up acne. The good news is that acne usually gets a lot better as you get older.



Body Odour!

- A lot of kids notice that they have a new smell under their arms and in other places when they hit puberty — and it's not a pretty one. That smell is body odor (you may have heard people call it B.O.) and everyone gets it.
- As you enter puberty, the puberty hormones stimulate the glands in your skin, including the sweat glands under your arms. When sweat and bacteria on your skin get together, it can smell pretty bad.
- So what can you do to feel less stinky? Well, keeping clean can stop you from smelling. You might want to take a shower every day, either in the morning before school or at night before bed. Wearing clean clothes and showering after you've been playing sports or exercising is also a good idea.
- Another way to cut down on body odor is to use deodorant. If you use a deodorant with antiperspirant, it will cut down on sweat as well.
- Personal hygiene is important – always clean your teeth, wash, brush hair, clean your clothes and change sanitary towels regularly.

Emotions change too!

- Just as those hormones change the way your body looks on the outside, they also create changes on the inside. During puberty, you might feel confused or have strong emotions that you've never had before. You might feel overly sensitive or become upset easily.
- Some kids lose their [tempers](#) more often and get angry with their friends or families. You also may feel anxious about how your changing body looks.
- Sometimes it can be hard to deal with all these new emotions. It's important to know that while your body is adjusting to the new hormones, so is your mind. Try to remember that people usually aren't trying to hurt your feelings or upset you on purpose. It might not be your family or friends — it might be your new "puberty brain" trying to adjust.



Uh-Oh!

- Sometimes girls aren't prepared for their periods. So what do you do?
- You're at school and there it is. Your period has arrived and you don't have your stuff. If it's your first period, you may be really excited and also a little worried. If it's not your first period, you might just be worried.
- What are you supposed to do?

One final thought...

Periods

Starting your periods
Sounds a bit scary
May not be long now.
I'm getting more hairy.
All my friends started
A long time ago.
What's wrong with me?
Why am I so slow?
Uh, Oh, it's happened.
I'm one of the crowd
Growing into a woman
Menstruating and proud.